

# TEEN & ADULT CLASSES

## ART

### Afternoon Art 50+ **NEW**

Come find and develop your inner artist through the wonderful world of art. Creating art relieves stress, encourages creative thinking, boosts self-esteem, and provides a sense of accomplishment. A \$20 material fee is due to the instructor on the first day of class.

Instructor: Lynne Roznowski

#### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
50 yrs +	Wed	1:00-2:30pm	9/14	10	\$50

### Artistic Italian Tiles

Create beautiful "old world" Spanish and Italian glazed tiles in the style of Majorca. Using some ancient designs and incorporating contemporary ones, your hand painted tiles will delight and surprise you. Material fee for tiles is due to the instructor at first class (\$7 -\$12 for tile, glaze and fire fees).

Instructor: Margo Gravelle

#### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
14 yrs+	Thu	9:30am-12:30pm	9/15	3	\$52

### Basic Drawing

This is the perfect "starter" class for the first time art student. Classes will include working with charcoal, chalk pastels, graphite and colored pencils. Material list required.

Instructor: Paulette Roussel

#### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs+	Tue	6:30-8:30pm	9/13	7	\$70

## WOODCARVING WORKSHOP

**Wednesday Afternoons  
1:00 to 3:00pm  
Stough Canyon Nature Center  
Top of Walnut Avenue**

No registration fee. Optional materials list and fee available upon request.

From beginners to experienced, woodcarvers are invited to join this fun and creative class that meets every Wednesday. The primarily one-on-one instruction will be provided by the Smoky Hollow Carvers and the Nature Center staff. There will be occasional group sessions as well.

Call 818.238.5440 for more information

### Drawing with Charcoal **NEW**

Master the art of drawing with charcoal. In this class, we'll explore the classic works of art drawn in this smoky medium, then we'll create our own art from still-life to pieces created from pure imagination.

Instructor: Marianne Epstein

#### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	5:45-6:45pm	9/13	6	\$60



### Drawing with Prismacolor Pencil

Prismacolor pencils are a pure and brilliant medium that can help you produce amazing images. Course includes composition, color-blending, mixed-media, and special wet-blend techniques. Material list required.

Instructor: Johnathon Gallagher

#### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Fri	1:00-3:00pm	9/16	6	\$68

### Drawing Techniques

Students will learn different ways of drawing utilizing different materials. This is a great class for the beginner or intermediate student. Classes will explore different aspects of perspective drawing, composition, texture and value studies. Material list required.

Instructor: Jack Paul Miller

#### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	1:00-3:00pm	9/13	6	\$65

### Jewelry Making Basics

Create jewelry you'll want to wear. You will learn the skills to make necklaces, bracelets and earrings with beads of your choice and color using proper jewelry tools. Materials will cost approximately \$70. Material list required.

Instructor: Paulette Roussel

#### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	1:00-3:00pm	9/12	7	\$70
13 yrs +	Thu	1:00-3:00pm	9/15	7	\$70

# TEEN & ADULT CLASSES

## Jewelry Making with Precious Metal Clay

### (Silver & Bronze)

Learn to make your own unique jewelry from this amazing clay-like material which fires to pure metal. Roll, coil, or stamp the silver or bronze clay, then add synthetic stones if desired. We will cover how to polish and patina the fired pieces. Instructor will provide tools for your use in class, and will have on hand for sale Bronze (Bronzeclay-about \$25), Silver (PMC3-around \$50 and PMC 'Paper Clay around \$16) for sale, as well as embeddable synthetic stones. A \$10 firing fee is due to the instructor at the first class.

Instructor: Joan Gamberg

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:30am-12:30pm	9/17	3	\$78

## Live Model Workshop

This workshop is designed for those who can paint and/or draw independently, without instruction, using any media. Registration includes model fee. Class minimum registration of 8 students must be reached by September 9, 2016. Registration begins on August 10, 2016. Checks for this class must be made out to: Fine Arts Federation. Registration is accepted at the Creative Arts Center only.

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Wed	9:30am-12:30pm	9/14	8	\$70

## Masters of Art **NEW**

Da Vinci, Picasso, Van Gogh, oh my! Come explore the world of art and learn about the masters of painting and sculpture. Then make your own masterpieces in the style of your favorite artists.

Instructor: Marianne Epstein

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13-17 yrs	Thu	5:45-6:45pm	9/15	6	\$60

## Painting, Introduction to

Whether this is your first opportunity to explore the world of art or you are already into it and need some guidance and direction, this class is for you. Acrylics or oils are welcome. Supplies will be discussed at first class. Please bring an 18 x 24 newsprint pad. A \$2.50 material fee for a "Pentel" pen is due to the instructor at the first class.

Instructor: Margo Gravelle

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	9:30am-12:00pm	10/6	6	\$90

## Painting with Acrylics

Acrylics are brilliant, water-based paints that are quick-drying and easy to use. Unleash your inner potential under the confident guidance of award-winning artist, Johnathon Gallagher. This versatile medium is chosen by most modern painters; learn the secret techniques from an artist painting with acrylics for over thirty-five years. Material list required.

Instructor: Johnathon Gallagher

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Fri	3:30-5:30pm	9/16	6	\$68

## Painting Mixed Media- Intermediate

Open class for the seasoned painter – Acrylics or oils? Gouache or cassein? Watercolors or pen and ink? How do you combine these mediums to create multi-media works of art? Be introduced to combinations that work well together, under the versatile guidance of a multi-media artist. Draw and paint with your chosen medium. Material list required.

Instructor: Johnathon Gallagher

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Tue	3:30-5:30pm	9/13	6	\$68

## Painting, Watercolor

Explore the wonders of watercolor with a variety of experimental techniques. A lesson is given each week with a demo. Students may work on their own projects as well. A critique will be given each week on class and/or individual projects. All levels welcome. Supply list is available. A \$10 material fee is due to instructor at first class.

Instructor: Pam McDonald

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	9:30-11:30am	9/12	9	\$95

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	9:30-11:30am	11/28	3	\$30

## Painting, Watercolor Impressions

The class will focus on watercolor techniques, composition, tonal values, color, design, and texture. Students will learn how to see with an artist eye, how to simplify the scene into larger shapes, the magic of watercolor through demonstrations, personal instruction and objective criticism. Your subject will include the still life, portrait, landscape, and architectural features. Open to dedicated watercolorists of all levels. Supply list is available on website. A \$10 material fee is due to instructor at first class.

Instructor: Valia Hristova

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:00-8:00pm	9/12	8	\$90

# TEEN & ADULT CLASSES

## Paper Making and Crafting **NEW**

Participants will be introduced to the history of paper while learning to make their own hand made papers. We will be using some recycled supplies to create our decorated papers. We will use our handmade papers in crafts like gift cards, greeting cards, journals, and more. A \$10 material fee is due to instructor at first class.

Instructor: Lin Rhys

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:30-8:30pm	9/14	10	\$50
13 yrs +	Wed	7:30-8:30pm	11/28	3	\$25

## Pen and Ink with Watercolor

This class will cover art basics with the ink pen and then move into using watercolor wash to enhance our finished pieces. We will explore drawing from life and creating new pieces from our imagination. All levels welcome. A \$10 material fee is due to instructor at first class.

Instructor: Lin Rhys

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:30-7:30pm	9/14	10	\$75
13 yrs +	Wed	6:30-7:30pm	11/28	3	\$30

## Plein Air Painting **NEW**

Have you ever wanted to paint like Van Gogh, or use color like Claude Monet but just didn't know how or where to start? This class will go over just how to do that and break you into the world of Plein Air painting. This is the way the early painters learned, from Degas to Disney. A \$15 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs+	Mon	7:00-7:45pm	9/12	10	\$80
13 yrs+	Mon	7:00-7:45pm	11/28	3	\$30

## Polymer Clay

Get creative with polymer clay. We will be exploring its many uses in this class, from jewelry to home décor, beautiful gifts and much more. A \$20 material fee is due to instructor at the first class.

Instructor: Lin Rhys

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	4:30-5:30pm	9/12	10	\$40

### Mini Session - \$15 material fee

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	4:30-5:30pm	11/30	3	\$20

## Pottery

**Level 1 - Beginning:** Students will learn various methods of hand construction with high fire stoneware clay. Pinch, slab and coil techniques and introduction to glazing will be covered. No pottery wheel instruction. **Level 2 - Intermediate:** Classes will include individual instruction in the techniques of wheel throwing, hand building and glazing. Students will expand upon their knowledge of what was learned in Level 1 classes. Prerequisite: Level 1. **Level 3 - Advanced:** Students need experience hand building, throwing on the wheel and glazing techniques. Prerequisite: Level 2 and instructor approval required. NO PRODUCTION POTTERY ALLOWED.

### Creative Arts Center

**Level 1** Instructor: Debbie Henson

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	1:00-3:00pm	9/15	9	\$60

**Levels 1 & 2** Instructor: Jack Paul Miller

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	7:00-9:00pm	9/12	9	\$60
18 yrs +	Tue	6:00-9:00pm	9/13	9	\$80

**Level 2** Instructor: Judy Springborn

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Wed	7:00-9:00pm	9/14	9	\$60

**Level 2** Instructor: Veronica Ferrantelli

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	6:00-9:00pm	9/15	9	\$80

**Level 2** Instructor: Barbara Rog

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	9:30-11:30am	9/13	9	\$60
18 yrs +	Wed	9:30-11:30am	9/14	9	\$60
18 yrs +	Thu	9:30-11:30am	9/15	9	\$60

**Level 3** Instructor: Claude Hulce

*Instructor approval required*

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	1:00-3:00pm	9/13	9	\$60



## Pottery, Friday Night at the Pottery Studio

This class is designed for beginning through advanced pottery students. Beginners will learn the basics in pottery making, while intermediate/advanced students may work on their own projects with technical assistance from the instructor, if desired. Material list required for beginning students.

Instructor: Michael Hirsh

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
14 yrs +	Fri	4:00-7:00pm	9/16	9	\$80

# TEEN & ADULT CLASSES

## Pottery Techniques

This class is designed to teach you the skills to realize your creative pottery ideas. Explore a variety of pottery forming techniques using hand building and wheel work. Then experiment with various types of surface decoration. Beginners are welcome, but wheel throwing will not be taught. Material list required for beginning students.

Instructor: Debbie Henson

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	12:00-2:30pm	9/12	9	\$76

## Pottery, Wheel and Glaze

Learn how to throw, trim, and glaze in this comprehensive class. This class is designed to help the beginner through advanced student improve and develop their pottery skills. Basic and advanced glazing techniques will be taught. Hand builders are also welcome. Material list required for beginning students.

Instructor: Michael Hirsh

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Wed	1:00-3:00pm	9/14	9	\$63

## Sculpting with Extruded Clay Forms

Students will be instructed on how to create functional and decorative pieces; vases, lidded boxes or free standing figurative sculptures, and how to incorporate extruded forms into their projects. Basic introduction in anatomy and proportion for sculpting the human figure, animal and geometric forms will be provided. Beginning students will start instructed projects designated by the teacher, while the advanced students may work independently. A \$10 non-refundable supply fee is included in the class fee. Glaze and firing fee apply. Material list required for beginning students.

Instructor: Jack Paul Miller

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	4:00-6:00pm	9/12	9	\$70

## Spinning Fiber for Yarn

Learn to spin your own yarn using a hand spindle or spinning wheel. Learn to prepare fiber for spinning and how to ply the yarn for use in knitting, crochet or weaving. Equipment provided or bring your own. All levels welcome. An \$8-\$15 material fee is due to instructor at first class.

Instructor: Anna Zinsmeister

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	5:45-8:45pm	9/15	9	\$92

## Storytelling and Character Design

This class will cover the basics of storytelling and character design to achieve a complete story that has fully formed characters. We will cover topics such as appeal, story arc, concept, and emotion, among others. This beginner class is for those trying to visually tell a story for a first time. A \$10 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	8:00-8:45pm	9/12	10	\$75

## Weaving

Learn the techniques of inkle, rigid heddle two-shaft, or four-shaft weaving. Try them all, then choose your favorite and make projects including scarves, placemats, bags, camera straps, and belts. Equipment provided or bring your own.

Instructor: Anna Zinsmeister

### Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	5:45-8:45pm	9/14	9	\$92

# DANCE

## Bachata Dance

The romantic partner dance of the Dominican Republic is simple yet sensual. We will teach you the steps, turns and combinations in a fun and easy to learn way. You'll love Bachata-come join!

Instructors: Bodygroove, Orlando Delgado & Hollie Lee

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:30-7:30pm	9/13	10	\$90
13 yrs +	Tue	6:30-7:30pm	11/29	3	\$27

## Ballet

Classical ballet improves concentration, flexibility, endurance and is used as a foundation for other dance forms. The fundamentals of classical ballet technique are introduced and developed in this class which includes barre, floor stretch, and center work. Barre work will start at the introductory level and progress in difficulty over the session.

Instructor: Sandra Aiena Dixon

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Wed	6:45-7:40pm	9/14	10	\$75



# TEEN & ADULT CLASSES

## Ballet / Contemporary / Jazz Combo

In this class your teen will be introduced to the difference between ballet, jazz and contemporary. They will work to gain strength, flexibility and muscle tone, while practicing basic moves and choreography. Students must have ballet/ jazz shoes.

Instructors: Heather River's Little Stars

### Rock Star Dance Fitness

517 N Glenoaks Blvd., Burbank, CA 91502

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Sat	1:15-2:15pm	9/17	5	\$60

## Ballroom Dance Class

Learn all the "Basic Steps" to all these dances: "Jitterbug" East Coast Swing, Rumba, Tango, and Bolero. All dances are choreographed to make you look like a "PRO". Please wear smooth soled or professional dance shoes.

Instructor: Rikki Barton

### Olive Recreation Center

#### Tango- East Coast Swing - Rumba

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:00-8:00pm	9/14	10	\$58

## Bellydance

**Level 1** introduces students to the ancient art of Egyptian Bellydance. Basic movements and step patterns as well as the introduction of finger cymbals (also known as zills or saggat) and veil will be taught. Teacher will provide veils and zills for class practice, as well as info on where to buy items. No prior experience necessary. **Level 2** students expand on basic form adding more complex techniques and step patterns. Level 2 students must bring their own veils and zills to class. Recommendation: Mastery of techniques taught in Level 1 or equivalent.

Instructor: Zahra Zuhair

### Olive Recreation Center

#### Level 1

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Mon	6:30-7:30pm	9/12	12	\$96

#### Level 2

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Mon	7:30-8:30pm	9/12	12	\$96

## Bellydance: Jawahare Performance Class

Jawahare (Jewels) is a faster paced performance and choreography class for experienced students, with focus on concentrated practice for Spring Fling, and other performances through the year.

Instructor: Zahra Zuhair

### Olive Recreation Center *Instructor approval required*

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	6:30-7:30pm	9/15	12	\$96

## Country Line Dance

You will learn the latest Country Line Dances as well as old favorites. We give you the tools to take what you learn in class to the dance floor. Come enjoy a fun evening. You might even make some new friends.

Instructor: Ruth Welch

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Fri	7:00-9:00pm	9/23	10	\$30

## Hip Hop Dance

This high-energy class contains a blend of several styles of Hip Hop like b-boy and tutting by artists that inspire you to dance. Class includes a warm up, abs, and fresh upbeat Hip Hop choreography that will be put into a fun routine. All levels of dancers welcome. All students must have tennis shoes.

Instructor: Teri Richardson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	12:30-1:30pm	9/15	10	\$75
13 yrs +	Thu	8:15-9:15pm	9/17	10	\$75

## Hula- Intermediate/Advanced

This class is for experienced students who wish to learn intermediate and advanced level Hula dances, and to improve their Hula dance form, style, and personal expression. Come for the fun, the exercise, the friendship and the "Aloha." Recommended: Mastery of basic Hula steps and step patterns and familiarity with Hula dances.

Instructor: Shari Ward

### Olive Recreation Center

#### Level 3

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:30-9:00pm	9/12	10	\$100



## Jazz

Get your exercise dancing to the music. This class combines technique and choreography. Burn calories while stretching, turning and learning routines to great music like Peggy Lee's "Fever."

Instructor: Sandra Aiena Dixon

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Wed	7:45-8:10pm	9/14	10	\$25

# TEEN & ADULT CLASSES

## Jazz Dance

Jazz, Jazz and more Jazz...theatrical, lyrical, contemporary and old school Jazz, we do it all. Class includes abs, stretching, and a high energy warm up, technique across the floor and Jazz choreography that will be put into a fun routine. All levels welcome. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	8:30-9:30pm	9/13	10	\$75
13 yrs +	Thu	12:30-1:30pm	9/15	10	\$75

## Just Dance 45+

This class is designed for the active older adult wanting to maintain their muscle strength, range of motion and flexibility, while improving balance, muscle memory, mental alertness and cardiovascular health. Class includes a warm up and a blend of several styles of Jazz and Hip Hop choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
45 yrs +	Tue	11:15am-12:15pm	9/13	10	\$55

## Salsa - Level 1

This beginner class will show you the basic steps and hip movements to this fun and exciting dance-no experience or partner necessary. Get ready to move and groove to great Latin music. Be forewarned: salsa dancing is addictive!

Instructors: Bodygroove, Orlando Delgado & Hollie Lee

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	7:30-8:30pm	9/13	10	\$90
13 yrs +	Tue	7:30-8:30pm	11/29	3	\$27

## Silver Belles Dance

Garri Dance Studio's brand new fusion of movement class is for beginning dancers who are at least 55 years young! This class will get you moving while having fun in a welcoming and safe environment. Each class will incorporate a combination of stretching and toning exercises to increase flexibility, stamina and circulation. Various styles of dance, choreography and music will be incorporated. No street shoes are permitted on dance floor. Ballet or Jazz shoes required.

Instructor & Location:

### Garri Dance Studio

3715 W Magnolia Blvd., Burbank, CA 91505

Ages	Day	Time	Start	Wks	Fee
55 yrs +	Thu	12:00-1:00pm	9/15	10	\$120

## Solo Dancing – Get Your Body Back

Have fun dancing while learning to use muscles that you forgot about. Get yourself back into good health. Great for new parents or for those who know they should get off the couch and join us. Any comfortable or athletic shoes are recommended. No partners needed.

Instructor: Rikki Barton

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	8:00-9:00pm	9/14	10	\$58



## Swing Dance

This class is for beginners who will learn East Coast Swing, Charleston and Lindy Hop in a relaxed setting. Be introduced to all the basics so you can dance to music from the 30's, 40's, and 50's. No partners necessary and couples welcomed.

Instructor: Bella Fitness

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	4:00-5:00pm	9/14	8	\$75

## Thriller Flash Mob

It's that time of year again when we flash mob Thriller 8-10 times around Burbank. Come join us as we learn the most celebrated dance of all time. You will learn this 7 minute dance which includes MJ's legendary music video choreography. If you have never done a flash mob before, then you're really missing out. All levels of dancers are welcome, so sign up the whole family. Students must have tennis shoes. A \$5 music fee is due to the instructor on the first day of class.

Instructor: Teri Richardson

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	2:15-3:15pm	9/17	7	\$50

## "Western" Style Square Dancing

Square dancing can motivate your mind, add fun to your life, and help you lose weight the easy way. New dancers are always welcome to this easy going dance class. Basic dance patterns will be explained at the first class. No partners needed.

Instructor: Ron Black

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	9:00-11:00am	9/15	10	\$30

# TEEN & ADULT CLASSES



## MARTIAL ARTS

### Giron Arnis Escrima and Jeet Kune Do **NEW**

Giron Arnis Escrima is the self-defense art of the bladed weapon and was used and proven by the founder, Grand Master Leo Giron, in WWII. Jeet Kune Do is Bruce Lee's personal street self-defense system. Both arts are highly simple, effective, and easy to use. Get fit and make new friends in a fun and safe environment. A \$25 material fee is due to the instructor at the first class.

Instructor: Steve Dempster

#### McCambridge Recreation Center Beginner

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	10:30am-1:00pm	9/17	10	\$150

#### Intermediate *Instructor Approval Required*

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:00-10:30am	9/17	10	\$150

### Hawaiian – Style Jujitsu

The Danzan arts comprise a 100 year old system of personal power and protection developed in Hawaii. Dojo members learn comprehensive martial skills, such as striking, throwing, joint locking, kicking, escaping, grappling and weapon defense applications (sticks, knife, gun, staff, sword, cord and other) as well as mental/spiritual preparedness. Sensei Kimo Williams is a nationally accredited senior instructor of Danzan Ryu Jujitsu and Danzan healing arts. There is a \$35 association fee. Must be at least Brown belt to participate in advanced class.

Instructor: Kimo Williams

#### Verdugo Lower Assembly Building Beginning/Intermediate

Ages	Day	Time	Start	Wks	Fee
16 yrs +	T/W/Th	7:00-9:00pm	9/13	10	\$195
16 yrs +	Sat	1:00-3:00pm	9/17	10	\$135

#### Advanced

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Sat	3:15-4:15pm	9/17	10	\$35

### Karate

Enrich your life, gain confidence, reduce stress and find balance on the path to martial arts mastery in a goal oriented, safety conscious environment. A comprehensive curriculum covers all areas, including striking, grappling, groundwork and weapon defenses. Classes offer the best mix of traditional structure, modern training and reality based practical self-defense. Add Kobudo classes for maximum benefit. A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

#### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	T/Th	7:15-8:15pm	9/13	9	*\$199
13 yrs +	Sat	11:15-12:15pm	9/17	8	*\$109

*\*Classes may be taken together for a \$20 discount (\$288). Register for both classes on the same transaction for the discount to apply.*

### Karate Bootcamp

Get fit and have fun, the Karate way! This challenging bootcamp style training will improve your cardio, muscle strength, flexibility and endurance. Kick and punch your way to a fit body and mind while learning valuable self-defense skills at the same time. No previous martial arts experience necessary to participate. Participants will receive a camp T-shirt.

Instructor: Masters In Motion

#### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	T/Th	6:45-7:30pm	11/15	4	\$109

### Kobudo

Explore the mystique and beauty of martial arts weapons. Classes are safety conscious and offer the best mix of tradition and reality based self-defense. Curriculum covers a variety of martial arts weapons including sword at higher levels. Training helps develop improvisational skills, a stronger body, peaceful attitude and sense of balance. A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

#### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:45-7:15pm	9/13	8	*\$69
13 yrs +	Sat	10:45-11:15am	9/17	8	*\$69

*\*Classes may be taken together for a \$10 discount (\$128). Register for both classes on the same transaction for the discount to apply.*



# TEEN & ADULT CLASSES



## T'ai Chi Ch'uan

T'ai Chi Ch'uan is an internal Chinese Martial Art. It promotes relaxation, balance, coordination, flexibility and strength. In addition to improving health and fitness, with regular practice, one can develop instinctive self-defense skills.

### Verdugo Lower Assembly Building

**Level 1 & 2** Instructor: Dede Nardini

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:45-8:00pm	9/12	10	\$110
13 yrs +	Wed	9:30-10:45am	9/14	10	\$110

**Level 1 & 2** Instructor: Iren Jensen

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Fri	9:30-10:45am	9/16	10	\$110

**Level 1 & 2** Instructors: Iren Jensen and Dede Nardini

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:00-10:15am	9/17	10	\$110

## Zen Karate (Yoga Blend) **NEW**

Karate "kata" (solo forms) are often referred to as "Moving Zen" in its birthplace of Okinawa, home to the longest living people in the world. It promotes, balance, coordination, speed, power, distance, timing, relaxation and intuitive self-defense. This class also combines Yoga and natural healing methods for a holistic path to a healthy mind, body, and spirit.

Instructor: Masters In Motion

### McCambridge Recreation Center

**All Levels**

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	6:45-7:15pm	9/15	8	\$69

## MUSIC

### Beginner Flute **NEW**

Students will be introduced to the basics of playing the flute. Classes will cover basic fingerings, reading basic music, and correct posture. Lessons will be customized for each student. By the end of the course, students will have an understanding of the flute and information on continuing studies. Music will be provided. Students will need to bring their own flute and music stand.

Instructor: Sierra Roby

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	4:00-5:00pm	9/13	10	\$100

### Intermediate Flute **NEW**

Students will continue to learn about the flute. Lessons will be customized for each student with attention to individual skills and needs. More advanced fingerings and music will be covered. By the end of the course, students will have a better understanding of their flute, their own strengths and weakness, and advice for continuing their education. Music will be provided. Students will need to bring their own flute and music stand.

Instructor: Sierra Roby

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	5:00-6:00pm	9/13	10	\$150

### Guitar (Advanced)

This is a pre-college level class for experienced guitar players. Students must already know a variety of guitar notations, chords and scales. Sight reading, fingerpicking, fingerboard shapes, solo guitar playing, and soloing will be emphasized. Students must practice 60 minutes daily. Music fee will vary by student.

Instructor: Kevin Benson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Tue	7:30-8:30pm	9/13	8	\$85

## SPECIAL INTEREST



### Beginning/Intermediate Knitting

This class is for both beginners and those who already know the basics of knitting. Beginners will learn the basics: cast on, knit stitch, purl stitch, ribbing, binding off, fringing, and weaving in ends. Experienced students will learn pattern reading, shaping, increasing/decreasing lace, cable, and more. Materials required: size 11 needles, and two skeins of Jiffy yarn.

Instructor: Alisa M.

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	10:00am-12:00pm	9/12	4	\$52
13 yrs +	Mon	6:00-8:00pm	9/12	4	\$52
13 yrs +	Mon	10:00am-12:00pm	10/17	4	\$52
13 yrs +	Mon	6:00-8:00pm	10/17	4	\$52



# TEEN & ADULT CLASSES



## Canine Etiquette: The Basics of Dog Obedience

Help make your pet a more enjoyable, well-mannered companion. Classes focus on skills such as sit, down, stay, come, heel, leash skills and dog-to-dog introductions. Learn troubleshooting techniques for common problems as jumping, digging, barking and destructive chewing. All dogs participating in class must be at least 4 months of age and fully vaccinated prior to starting class. First class session will be with owners only inside the Verdugo Recreation Center.

Instructor: Pawsitive Perspective Animal Training,  
Melissa Munoz

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Wed	6:30-7:30pm	9/14	7	\$110
16 yrs +	Sat	10:30-11:30am	9/17	7	\$110

## How to Make "Your" Camera Work

Did you buy a nice camera that you do not know how to use? This is a practical how-to class designed for the person that does not want to learn all about photography but does want to make their camera work to take good photos. This class will go over tips, tricks, and more. Bring your camera, memory card, and batteries.

Instructor: R. Scott Lewis

### Olive Recreation Center

Ages	Day	Time	Date	Fee
13 yrs +	Sat	9:30am-12:00pm	9/17	\$40
13 yrs +	Sat	9:30am-12:00pm	10/22	\$40

### Advanced

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:30-11:00am	9/24	4	\$60
13 yrs +	Sat	9:30-11:00am	10/29	4	\$60

## Intro to Etsy

Learn Esty fundamentals and other accounts needed to open your shop and start selling your work. This class requires basic Internet experience. Please bring your own tablet or laptop that is Wi-Fi and Internet capable.

Instructor: Michael Law

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:00-7:30pm	9/12	4	\$75

## Learn to Meditate: Creating Peace Within

Take a breath from the mental busyness and enjoy the inner peace that comes from practice of meditation. Learn simple meditation practices that will bring a sense of balance, peace, and clarity into your life. No experience in meditation necessary.

Instructor: Kadampa Meditation Center California

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:00pm	9/15	10	\$100

# RISE BURBANK

**ACCEPTING APPLICATIONS  
NOW THROUGH SEPTEMBER 30, 2016**

at

**[www.burbankca.gov/rise](http://www.burbankca.gov/rise)**

- Burbank Resident 18 years of age or older
- Connect with Local Government Leaders
- Increase Knowledge of City Resources
- Participate in a Service-Based Project
- Develop Leadership Skills
- Program Runs from January to March 2017
- Class meets Wednesday evenings from 5:30 – 8:30pm

For more information,  
please contact Kristen Compean at  
(818) 238-5175 or [kcompean@burbankca.gov](mailto:kcompean@burbankca.gov)

# TEEN & ADULT CLASSES

## SPORTS & FITNESS

### 30-Minute Shred

Jam packed series of short interval workouts that equal a full-body, fat-torching, cardio burn. We include H.I.I.T. (high intensity interval training) with Tabata rounds and track our progress over the 10-week session while we watch the pounds melt away. Bring a mat and weights (all other equipment provided).

Instructor: Karen Eldridge

#### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:00-6:30pm	9/13	10	\$40

### 50, Fabulous and Fit

Set to a soundtrack of the greatest hits from the last fifty years, and some new pop favorites, this mood-lifting dance party workout will keep you motivated all day. Have fun while improving your confidence, strength, and physical well-being. Indulge yourself and leave energized, happy, and strong.

Instructor: Movement Matters

#### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
50 yrs +	Wed	9:30-10:30am	9/14	10	\$75

### Aqua Fit Morning Light

Tone, strengthen and gain flexibility in this moderately paced, low to no impact workout in comfortable, heated water at Verdugo Pool. All muscle groups are worked using water weights and noodles for balance and resistance training. Gentle to moderate cardio increases your stamina and promotes heart health. All levels- including those with mobility issues. Weights and noodles provided.

Instructor: Deni King

#### Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Tue	9:30-10:30am	9/13	10	\$75
16 yrs +	Thu	9:30-10:30am	9/15	10	\$75
16 yrs +	Tue	9:30-10:30am	12/6	2	\$15
16 yrs +	Thu	9:30-10:30am	12/8	2	\$15

**Note:** Non-resident fee for aquatic classes is \$10

### Aqua Friday 30 Minute Kickstart

Half-hour intensive training in the pool featuring non-stop cardio and resistance for full-body power training. All levels welcome.

Instructor: Deni King

#### Verdugo Aquatic Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Fri	6:30-7:00pm	9/16	9	\$40
16 yrs +	Fri	6:30-7:00pm	12/10	2	\$10

**Note:** Non-resident fee for aquatic classes is \$10



### Aqua Trim

Have a blast working out in our comfy heated pool. Metabolism boosting, fat torching, heart-pumping session celebration of fitness. Gain flexibility, muscle mass and stamina using water weights and noodles (all provided). Low to no impact. Easy on the joints. All levels.

Instructor: Deni King

#### Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Mon	6:30-7:30pm	9/12	10	\$75
16 yrs +	Wed	6:30-7:30pm	9/14	10	\$75
16 yrs +	Sat	9:30-10:30am	9/17	10	\$75
16 yrs +	Mon	6:30-7:30pm	12/5	2	\$15
16 yrs +	Wed	6:30-7:30pm	12/7	2	\$15
16 yrs +	Sat	9:30-10:30am	12/10	2	\$15

**Note:** Non-resident fee for aquatic classes is \$10

### Aqua Trim - Deep Water

Rev it up with this high intensity cardio and resistance workout. Floatation belts are worn to keep hovering in the deep end of the pool leaving the entire body free to work with weights and noodles. This invigorating and exhausting pool party will be the highlight of your workout week. Water weights, floatation belts, and noodles are provided.

Instructor: Deni King

#### Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Wed	9:30-10:30am	9/14	10	\$75
16 yrs +	Thu	6:30-7:30pm	9/15	10	\$75
16 yrs +	Wed	9:30-10:30am	12/7	2	\$15
16 yrs +	Thu	6:30-7:30pm	12/8	2	\$15

**Note:** Non-resident fee for aquatic classes is \$10

### Art of Pilates

This class uses both a chair and mat, joining traditional Pilates with the sculpting power of dance. You will move with continual smooth core contracting circular motion to shrink the waist, build and lift the bust and derriere and define and strengthen arms and legs. Please bring a mat and resistance band.

Instructor: Kristan Sauter

#### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Tue	7:00-8:00pm	9/13	8	\$62



# TEEN & ADULT CLASSES

## Barre Sculpt

Unique and effective no-impact barre workout class that everyone is talking about! Graceful dance conditioning at the barre, isometrics and interval training using balls, bands, and light weights, bringing the heart rate up while we deeply sculpt arms, abs, booty, and thighs, plus improve posture. Bring a yoga mat.

Instructor: Karen Eldridge

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	9:00-10:00am	9/12	10	\$60
13 yrs +	Wed	6:00-7:00pm	9/14	10	\$60
13 yrs +	Mon	9:00-10:00am	11/28	3	\$18
13 yrs +	Wed	6:00-7:00pm	11/30	3	\$18

## Box, Burn & Bliss

Gloves on! Channel the raging kick-boxer deep inside you with drills on authentic training bags, mixed with functional training using weights and the latest fitness prop to build muscle, balance, endurance and confidence in a safe and friendly environment. The battle is followed by body flow stretching and mind-body connection.

Instructor: Karen Eldridge

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:30-7:30pm	9/13	10	*\$65
13 yrs +	Sat	8:00-9:00am	9/17	10	*\$65
13 yrs +	Tue	6:30-7:30pm	11/29	3	\$20
13 yrs +	Sat	8:00-9:00am	12/3	3	\$20

\*Classes may be taken together for a \$21 discount (\$109). Register for both classes on the same transaction for the discount to apply.



## Butts 'n Guts & Wings 'n Thighs

Ready to work it? We will tighten, strengthen, and tone all of these areas. Stretching is included and will make you feel great when you leave. It's a fun and energetic class so come enjoy the workout while listening to current music. Bring a mat and weights.

Instructor: Anne Jackson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:15-7:15pm	9/13	10	\$70
13 yrs +	Tue	6:15-7:15pm	11/29	3	\$23



## Free Mulch Program

The City of Burbank Forestry Division offers free mulch to Burbank residents at three locations throughout the City. Home delivery is available for large quantity loads. The amount of wood to leaves in the mulch will vary.

### THE BENEFITS OF MULCH

- Mulching is essential to the survival of your landscape during a drought. Mulch will reduce the amount of water that evaporates from your soil, greatly reducing your need to water your plants.
- Mulch improves the quality of your soil by breaking up clay and allowing better water and air movement through the soil. Mulch provides nutrients to sandy soil and improves its ability to hold water.
- Mulch acts as an insulating layer on top of soil, keeping it cooler in the summer. Roots like that!
- Mulch keeps weeds down, and the weeds that grow are much easier to pull.

### PICK-UP LOCATIONS

Residents must load and transport their own mulch. Locations are resupplied as mulch becomes available.

**Gross Park** - 2800 West Empire Avenue  
6:00-10:00pm (back of parking lot along fence)

**McCambridge Park** - 1515 North Glenoaks Boulevard  
(Andover Drive parking lot near ballfield #1)

### HOME DELIVERY

The Parks and Recreation Department offers free, large quantity, home delivery to Burbank residents. Requests for home delivery may take up to two weeks to fulfil and requires a signed waiver. Loads are generally placed in the residents' driveway.

**Full Load** = approximately 10-12 cubic yards, covering 1000 square feet at 3-4 inches thick

**Half Load** = approximately 5-6 cubic yards, covering 500 square feet at 3-4 inches thick

To request delivery contact 818.238.5304

city of burbank **PARKS  
RECREATION**



# TEEN & ADULT CLASSES



## Cardio Dancercise

This fast paced class includes a high energy stretch warm-up, abs, arms, barre, across the floor movement, and easy dance choreography that will boost cardiovascular health, increase mental capacity and reduce stress. You won't be standing around in one place in this class because it's not exercise-it's dancercise. All levels of dancers are welcome. Students must have jazz shoes and tennis shoes. Note: First 2 classes are dedicated to proper across the floor technique and body alignment.

Instructor: Teri Richardson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	7:30-8:15pm	9/13	10	\$58

## Cardio Fat Blast / 30 Minutes to Fitness

A fun and highly effective class combining cutting edge cardio with strength and endurance building exercises. Burn fat, boost metabolism, strengthen muscles and joints, and increase your flexibility for injury prevention. Weights and new towel resistance segment added for a full body workout. Weights and towels provided.

Instructor: Michelle L'Heureux Wilson

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Mon	9:00-9:30am	9/12	10	\$50
11 yrs +	Wed	9:00-9:30am	9/14	10	\$50
11 yrs +	Mon	9:00-9:30am	11/28	3	\$15
11 yrs +	Wed	9:00-9:30am	11/30	3	\$15

## Cardio Kickboxing

This fun and energetic class includes kickboxing combinations, skipping rope, using gloves and soft pads, and stretching. You will gain self-confidence and perform one on one technique. All students must have tennis shoes. Gloves and soft pads provided.

Instructor: Bella Fitness

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:30-7:30pm	9/14	8	\$80

## Cardio Sculpt

Using the theory of muscle confusion, this class integrates variety into your workout so your muscles can continually adapt and you will stay mentally fresh. We mix it up with a short cardio routine, mini-circuits, weights, cardio blasts and plyometric intervals. Bring a mat and weights. All other equipment provided.

Instructor: Karen Eldridge

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	6:00-7:00pm	9/15	10	\$57

## Classical Ballet Barre Workout

This barre workout is designed to stretch and strengthen the core and limbs for dancers and novices alike. Great for boosting energy, developing gorgeous posture, and always easy on the joints. Ballet is long since known as the mother of all dance. Mat Pilates ab work included, please bring a mat. Multi-level class, beginners welcome!

Instructor: Kristan Sauter

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Thu	7:15-8:15pm	9/15	8	\$62

## Core Sculpt

Draw on the body's core strength for an intense workout with no-to-very-low impact to your joints. Lots of balance work using deep controlled movement with light weights and the assist of a balance bar. You'll lengthen, strengthen, and sweat! Bring light weights and a mat. All other equipment provided.

Instructor: Karen Eldridge

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:30-7:30pm	9/12	10	\$57
13 yrs +	Mon	6:30-7:30pm	11/28	3	\$17

## Fat to Firm /

### Cardio Weight Loss and Body Sculpt

Join one of Burbank's best workouts. Michelle integrates cutting-edge cardio routines, interval training, body-sculpting cardio with weights, and a new towel workout to burn fat, boost metabolism, and increase strength and flexibility. Michelle specializes in tailoring class for all fitness levels for safety and effectiveness. Weights and towels provided.

Instructor: Michelle L'Heureux Wilson

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Tue	9:00-10:00am	9/13	10	*\$65
11 yrs +	Thu	9:00-10:00am	9/15	10	*\$65
11 yrs +	Tue	9:00-10:00am	11/29	3	\$18
11 yrs +	Thu	9:00-10:00am	12/1	3	\$18

\*Classes may be taken together for a \$10 discount (\$120). Register for both classes on the same transaction for the discount to apply.

# TEEN & ADULT CLASSES



## Fitness Ball - Core/Back Strengthening

Learn how to relieve back pain with stabilizing exercises with a Fitness Stability Ball. Fitness Balls are a great way to strengthen core and back muscles that in turn protect your back and prevent injuries. You will need to bring in a large Fitness Ball to class. Please make sure to read package instructions when buying your Fitness Ball for correct ball size according to your height. Also bring a mat.

Instructor: Charleen Gosling

Certified Personal Trainer (A.F.A.A.)

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	9:00-10:00am	9/15	9	\$68

## Flexibility Class

Training for flexibility requires moving in the full range of motion of our joint anatomy. Developing a healthy range of stretch allows us to "bend" and move with greater ease while keeping the muscles supple and responsive to the demands of daily activities and exercise. Please bring a yoga mat, a yoga block, a towel to support knees and head, and a yoga strap (a man's tie will also do).

Instructor: Charleen Gosling

Certified Personal Trainer (A.F.A.A.)

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	11:30am-12:30pm	9/13	9	\$68
18 yrs +	Fri	9:30-10:30am	9/16	9	\$68

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Sat	10:30-11:30am	9/17	9	\$68

## Mindful Movement **NEW**

Feeling stressed or disconnected? Quiet your mind and reconnect to your body in this 30-minute rejuvenating movement class. Give yourself the gift of relaxation and improve your posture and bodily awareness through gentle dance, stretching, and breathing exercises. Please bring a yoga mat.

Instructor: Movement Matters

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:15-9:45am	9/17	10	\$45

## Pilates = Weight Loss + Strength

Experience Pilates and dramatically reshape and strengthen your body. A unique blend of Pilates and innovative exercises targets the core, arms, legs, buns, and combines stretching to promote flexibility. Michelle tailors the workout for individual fitness levels for safety and effectiveness. New towel workout added. Weights and towels provided. Bring a mat.

Instructor: Michelle L'Heureux Wilson

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Mon	9:30-10:30am	9/12	10	\$80
11 yrs +	Wed	9:30-10:30am	9/14	10	\$80
11 yrs +	Fri	9:30-10:30am	9/16	9	\$72
11 yrs +	Mon	9:30-10:30am	11/28	3	\$24
11 yrs +	Wed	9:30-10:30am	11/30	3	\$24
11 yrs +	Fri	9:30-10:30am	12/2	3	\$24

## Piloxing®

Piloxing® cardio fusion workout burns maximum calories, builds lean muscles and increases stamina by uniquely mixing Pilates, boxing and exhilarating dance moves. It's a super fun, fat-blasting, muscle-sculpting, core-centric workout. Optional ½ lb. weighted Piloxing® gloves enhance the workout by further sculpting arms and increasing cardiovascular endurance. Bring a mat.

Instructor: Karen Eldridge

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	9:00-10:00am	9/14	10	\$60
13 yrs +	Wed	7:00-8:00pm	9/14	10	\$60
13 yrs +	Sat	9:30-10:30am	9/17	10	\$60
13 yrs +	Wed	9:00-10:00am	11/30	3	\$18
13 yrs +	Wed	7:00-8:00pm	11/30	3	\$18
13 yrs +	Sat	9:30-10:30am	12/3	3	\$18



## Stroller Strides®

Stroller Strides® is stroller-based fitness program for moms with little ones (6 weeks-4 years). Each 60-minute workout incorporates walking or jogging, cardio, strength, songs and activities. Fitness instructors are certified in prenatal and postnatal fitness and provide modifications to keep all fitness levels challenged. Its fitness and friendships for mom and fun for baby.

Instructor: FIT4MOM, Kat Guessard

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	9:30-10:30am	9/20	4	\$45
18 yrs +	Tue	9:30-10:30am	10/18	4	\$45

# TEEN & ADULT CLASSES

## Weight Management Challenge

Each person will receive a BMI, muscle percent and fat percent test at the beginning and at the end of the session to measure progress. This is a strength training class incorporating hand weights and exercise bands to sculpt and tone your entire body.

Instructor: Bella Fitness

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:00-7:00pm	9/14	8	\$80

## Zumba + Cardio Dance

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out. Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). Ditch the workout, join the party – try Zumba today.

Instructor: Bodygroove, Hollie Lee

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:30-8:30pm	9/14	10	\$80

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:30-8:30pm	9/12	10	\$80
13 yrs +	Tue	10:00-11:00am	9/13	10	\$80
13 yrs +	Tue	6:00-7:00pm	9/13	10	\$80
13 yrs +	Thu	10:00-11:00am	9/15	10	\$80
13 yrs +	Thu	6:00-7:00pm	9/15	10	\$80
13 yrs +	Mon	7:30-8:30pm	11/28	2	\$16
13 yrs +	Tue	6:00-7:00pm	11/29	2	\$16

## Zumba Cardio Dance + Pilates

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out. Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). The class will end with 15 minutes of Pilates to build core strength. Ditch the workout, join the party-try Zumba today.

Instructor: Bodygroove, Hollie Lee

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:15-10:15am	9/17	7	\$56



## Zumba Toning with Lightweight Sticks

Learn to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the target zones. You will have so much fun, you will not even know you are working out. Ditch the work out and join the party.

Instructor: Bella Fitness

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:45-8:45pm	9/14	10	\$80

## Zumba® with Michelle - 30 minutes

Get your body moving like never before with easy-to-follow, fun and heart-pumping Zumba! Spicy-hot music and action-packed dance combinations will have you burning calories and partying your way to fitness in no time. Whittle your waist while toning your hips, buns, and thighs. It's a blast!

Instructor: Michelle L'Heureux Wilson

### Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Fri	9:00-9:30am	9/16	9	\$50
11 yrs +	Fri	9:00-9:30am	12/2	3	\$15

## YOGA

### Beginner Yoga In Spanish **NEW**

Learn beginner yoga poses with these step by step, in depth instructions. Start with an understanding of proper alignment to reduce your risk of injury and build a safe foundation for more advance asanas to come. Please bring yoga mat.

Instructor: Andrea Olivares

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	7:00-8:00pm	9/14	10	\$80

## Gentle Yoga

Want to relax and shut down your brain but feel you just aren't able to? Learn how to relax and then put it into practice through breathing techniques, good posture, stretching, and restorative postures. Please bring a yoga mat, towel, and strap or non-stretch belt.

Instructor: Anne Jackson

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:00-8:00pm	9/12	10	\$60
13 yrs +	Mon	7:00-8:00pm	11/28	3	\$20

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:00pm	9/15	10	\$60
13 yrs +	Thu	7:00-8:00pm	12/1	3	\$20



# TEEN & ADULT CLASSES

## Middle School Yoga Squad **NEW**

Is Middle School stressing you out? Come chill with this beginning yoga class that will help keep the stress away. All levels welcome and no experience necessary. Class includes yoga, breathing, and meditation techniques designed to handle any drama that comes your way. Namaste! Please bring a mat and a blanket.

Instructor: Juliet Kaluzniacki

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
11-14 yrs	Tue	4:30-5:45pm	9/13	8	\$80

## This Is Your Mother's Yoga

Restorative yoga is about being, not doing. Reduce your stress through breathing and meditation techniques. Restorative yoga allows the mind, body, and spirit to integrate and relax by holding poses longer. Please bring a yoga mat and blanket.

Instructor: Juliet Kaluzniacki

### Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	7:00-8:15pm	9/15	8	\$80

## Yoga Basics

Restore and bring balance back into the body. Yoga benefits all by encouraging flexibility and building strength. In this class, we move through basic yoga poses, linking breath to movement and focusing on proper alignment. Sequences of movement (vinyasa flow) are also incorporated. Yoga Basics is a rejuvenating class, a way to de-stress and unwind at the end of the day. All levels are welcome. Please bring a yoga mat and towel.

Instructor: Lisa Ashby

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	6:00-7:00pm	9/15	8	\$64

## Yoga – Flexibility, Stress Reduction

Want to feel great at the end of the day? Instruction in yoga postures incorporates various stretching, breathing and relaxation techniques contributing to the well-being of the total self. Comfortable clothing suggested. All levels are welcome. Bring a mat, large towel and a non-flexible strap.

Instructor: Paulette Cole

### Joslyn Adult Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	5:45-6:45pm	9/12	11	*\$66
18 yrs +	Mon	7:00-8:00pm	9/12	11	\$66
18 yrs +	Tue	7:00-8:00pm	9/13	11	\$66
18 yrs +	Wed	5:45-6:45pm	9/14	11	*\$66
18 yrs +	Wed	7:00-8:00pm	9/14	11	\$66
18 yrs +	Thu	7:00-8:00pm	9/15	11	\$66

\*Mon/Wed 5:45 p.m. classes may be taken together for a \$10 discount. Register for both classes on the same transaction for the discount to apply.

## Yoga + Pilates for Health & Vitality

Build strength, increase, flexibility, and gain a sense of calmness and well-being. Class covers basic postures, proper alignment and breathing technique then moves on to a series of yoga poses to build heat inside your body. This is a classic yoga class with detailed instruction. Please bring a mat, towel, and 2 yoga blocks (blocks can be purchased from instructor). All levels welcome; however, the Wednesday class is not for beginners.

Instructor: Bodygroove, Hollie Lee

### McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:00-7:10pm	9/14	10	\$80

### Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:00-7:10pm	9/12	10	\$80
13 yrs +	Tue	7:15-8:25pm	9/13	10	\$80
13 yrs +	Mon	6:00-7:10pm	11/28	2	\$16
13 yrs +	Tue	7:15-8:25pm	11/29	2	\$16



## Yoga, Strength Training

This class will include instruction in stretching, relaxation and self-massage for wellness. Classical yoga postures will be adapted to the individual's needs. 2lb. hand weights are optional and tennis shoes are required for the first hour. Please bring a yoga mat.

Instructor: Susan Quon

### Joslyn Adult Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	8:00-9:30am	9/13	10	*\$80
18 yrs +	Thu	8:00-9:30am	9/15	10	*\$80

\*Classes may be taken together for a \$10 discount (\$150). Register for both classes on the same transaction for the discount to apply.

### Mini Session

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	8:00-9:30am	11/29	3	*\$24
18 yrs +	Thu	8:00-9:30am	12/1	3	*\$24

\*Classes may be taken together for a \$10 discount (\$38). Register for both classes on the same transaction for the discount to apply.